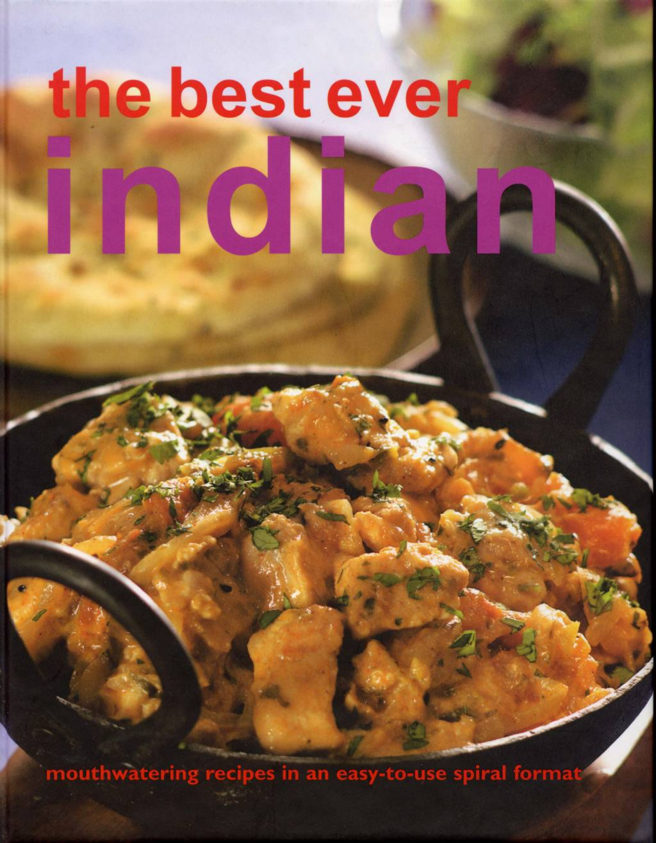
the best ever indian



mouthwatering recipes in an easy-to-use spiral format

basic recipes

panch phoran

preparation time: 5 minutes
cooking time: 0 minutes

1 tsp cumin seeds
1 tsp onion seeds
1 tsp mustard seeds
1 tsp fenugreek seeds
1 tsp aniseed

1 Mix all the seeds together in a small bowl and store in an airtight jar.

garlic paste

preparation time: 5 minutes
cooking time: 0 minutes

115 g/4 oz garlic cloves, halved
125 ml/4 fl oz water

1 Place the garlic cloves and water in a food processor or blender and process to make a paste. Transfer to a glass jar with a lid and store in the refrigerator for up to 1 month.

ginger paste

preparation time: 5 minutes
cooking time: 0 minutes

115 g/4 oz fresh root ginger, roughly chopped
125 ml/4 fl oz water

1 Place the ginger and water in a food processor or blender and process to make a paste. Transfer to a glass jar with a lid and store in the refrigerator for up to 1 month.

curry paste

preparation time: 10 minutes, plus 20 minutes cooling
cooking time: 10 minutes

4 tbsp coriander seeds
2 tbsp cumin seeds
1 tbsp fenugreek seeds
1 tbsp fennel seeds
2 curry leaves
2 dried red chillies
2 tsp ground turmeric
2 tsp chilli powder
5 tbsp white wine vinegar
2 tbsp water
125 ml/4 fl oz vegetable oil, plus extra for sealing

1 Grind the coriander seeds, cumin seeds, fenugreek seeds, fennel seeds, curry leaves and dried red chillies in a spice grinder. Alternatively, use a mortar and pestle. Transfer to a bowl and stir in the turmeric, chilli powder, vinegar and water to make a smooth paste.

2 Heat the vegetable oil in a large, heavy-based frying pan, add the paste and cook over a low heat, stirring constantly, for 10 minutes, or until all the water has been absorbed and the oil rises to the surface.

3 Leave to cool, then spoon into a glass jar with a lid. To preserve the curry paste, heat a little more vegetable oil in a clean saucepan and pour it over the surface. Store in the refrigerator for up to 1 month.

garam masala

preparation time: 10 minutes, plus 10 minutes cooling
cooking time: 10 minutes

1 cinnamon stick
8 dried red chillies
5 tbsp coriander seeds
2 tbsp cumin seeds
2 tsp cardamom seeds
2 tsp black peppercorns
1 tsp fennel seeds
1 tsp black mustard seeds
1 tsp whole cloves

1 Dry-fry the cinnamon and chillies in a heavy-based frying pan over a low heat, stirring constantly, for 2 minutes. Add the remaining spices and dry-fry, stirring and shaking the frying pan constantly, for 8 minutes, or until they give off their aroma.

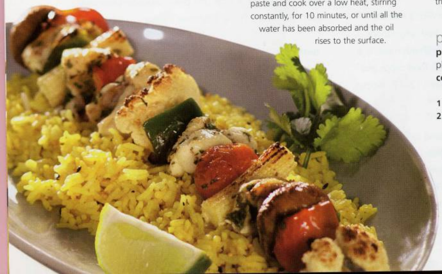
2 Remove the frying pan from the heat and leave to cool. Transfer the contents to a spice grinder and process until ground. Alternatively, use a mortar and pestle. Store in an airtight container in the refrigerator for up to 3 months.

paneer

preparation time: 10 minutes, plus 3 hours standing
cooking time: 5–10 minutes

1 litre/1¾ pints milk
2 tbsp lemon juice

1 Bring the milk to the boil in a heavy-based saucepan over a low heat, then reduce the heat and simmer gently for a few minutes. Add the lemon juice, stirring constantly until the milk begins to curdle.



2 Drain the mixture through a muslin-lined sieve, then rinse the contents of the sieve under cold running water. Gather up the corners of the muslin, tie them together and squeeze gently to extract any moisture.

3 Hang the muslin-wrapped cheese for 1 hour to drain, then press under a heavy weight for 1½–2 hours. Transfer to an airtight container and store for up to 1 week.

stocks If you like your food spicy, choose the Indian variations:

indian vegetable stock

makes: 3 litres/5¼ pints
preparation time: 10 minutes, plus 3 hours standing
cooking time: 1 hour 40 minutes

3 tbsp ghee or vegetable oil
1 tsp Garlic Paste (see page 12)
1 tsp Ginger Paste (see page 12)
2 tsp coriander seeds
1 tsp cumin seeds
5 cloves
10 black peppercorns
5-cm/2-inch cinnamon stick
6 cardamom pods
1 onion, cut into 8 wedges
1 carrot, chopped
3 litres/5¼ pints water

1 Heat the ghee in a large, heavy-based saucepan. Add the Garlic Paste, Ginger Paste, coriander seeds and cumin seeds. Cook over a low heat, stirring constantly, for 1 minute. Add the cloves, peppercorns, cinnamon stick, cardamoms, onion and carrot. Cook, stirring frequently, for 8 minutes.

2 Add the water and bring to the boil. Cover and simmer for 1½ hours.

3 Remove from the heat and sieve the stock into a bowl. Leave to cool, then chill in the refrigerator. When chilled, carefully remove and discard any fat on the surface. Use immediately.

basic vegetable stock

makes: 3 litres/5¼ pints
preparation time: 10 minutes
cooking time: 40 minutes

2 tbsp sunflower oil
115 g/4 oz onions, finely chopped
115 g/4 oz leeks, finely chopped
115 g/4 oz carrots, finely chopped
4 celery sticks, finely chopped
85 g/3 oz fennel, finely chopped
85 g/3 oz tomatoes, finely chopped
2.25 litres/4 pints water
1 bouquet garni

1 Heat the oil in a large saucepan. Add the onions and leeks and cook over a low heat, stirring occasionally, for 5 minutes, or until softened.

2 Add the remaining vegetables, cover and cook over a low heat, stirring occasionally, for 10 minutes. Add the water and bouquet garni, bring to the boil and simmer for 20 minutes.

3 Remove from the heat and sieve the stock into a bowl. Leave to cool, then chill. Remove and discard any fat on the surface. Use immediately or freeze in portions for up to 3 months.

indian meat stock

makes: 1.7 litres/3 pints
preparation time: 15 minutes, plus 1 hour cooling/chilling
cooking time: 2 hours 45 minutes

1 kg/2 lb 4 oz chicken, duck or lamb
1-cm/½-inch piece fresh root ginger, thinly sliced
5-cm/2-inch cinnamon stick
1 fresh green chilli, chopped
pinch of ground mace
pared rind of 1 lemon

1 Place all the ingredients in a large, heavy-based saucepan and pour in enough water to cover generously. Bring to the boil, then reduce the heat, cover and leave to simmer for 40 minutes.

2 Using a slotted spoon, remove the chicken, duck or lamb and cut the meat off the bone. Reserve it for use later. Return all the bones to the saucepan and return to the boil, then leave to simmer for a further 2 hours.

3 Remove the saucepan from the heat and sieve the stock into a bowl. Leave to cool, then chill in the refrigerator. When chilled, carefully remove and discard the layer of fat that has set on the surface. Use immediately.

basic meat stock

makes: 2.5 litres/4½ pints
preparation time: 15 minutes, plus 1 hour cooling/chilling
cooking time: 3 hours 30 minutes

1.3 kg/3 lb chicken or duck wings and necks, or lamb on the bone
2 onions, cut into wedges
4 litres/7 pints water
2 carrots, roughly chopped
2 celery sticks, roughly chopped
10 fresh parsley sprigs
4 fresh thyme sprigs
2 bay leaves
10 black peppercorns

1 Place the chicken, duck or lamb and the onions in a large, heavy-based saucepan and cook over a low heat, stirring frequently, until lightly browned.

2 Add the water and stir thoroughly to scrape off any sediment on the base of the saucepan. Bring to the boil and skim off the scum that rises to the surface. Add the carrots, celery, parsley, thyme, bay leaves and peppercorns, partially cover and leave to simmer gently for 3 hours.

3 Remove the saucepan from the heat and sieve the stock into a bowl. Leave to cool, then chill in the refrigerator. When chilled, carefully remove and discard the layer of fat that has set on the surface. Use immediately or freeze in portions for up to 6 months.

snacks & starters

As a general rule, meals in India don't begin with a separate first course, but Indians are inveterate snackers, so there is a wealth of delicious nibbles that can be served as appetizers and canapés. You can, of course, also enjoy them in the traditional way as early evening nibbles with the inevitable cup of tea, and many of them make great after-school snacks.

This chapter includes some familiar favourites, such as Samosas (see page 26) – with both a vegetable and a meat filling – and Onion Bhajias (see page 36), as well some more unusual tempting treats, such as Spicy Pancakes (see page 18) and Stuffed Meatballs (see page 21). Choose from an array of vegetable, meat or seafood delicacies to wake up the taste buds and stimulate the appetite, whether you are planning to serve an authentic Indian meal or simply want an interesting, more unusual starter for a Western-style supper.

There are also some delicious soups, ranging from quite fiercely spiced to milder and more subtle in flavour. All of them would make a delicious and substantial lunchtime snack, perhaps served with some Indian bread, or as an imaginative start to a dinner party menu.



stuffed meatballs

cook: 10–15 mins **prep: 20 mins, plus 30 mins resting** **makes 8**

These delicious koftas are the Indian equivalent of Scotch eggs and can be served hot or cold, either as a snack or as part of a main meal. They also make great picnic food.



NUTRITIONAL INFORMATION	
Calories	298
Protein	22g
Carbohydrate	4g
Sugars	1g
Fat	22g
Saturates	7g

INGREDIENTS

1 onion, roughly chopped
1 garlic clove, roughly chopped
2.5-cm/1-inch piece fresh root ginger, roughly chopped
550 g/1 lb 4 oz fresh lamb mince
40 g/1½ oz gram flour
1 tsp ground cumin
1 tbsp ground coriander
½ tsp chilli powder
1 egg, lightly beaten
salt and pepper
8 hard-boiled eggs, shelled
ghee or vegetable oil, for deep-frying, plus extra for greasing

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variation

Instead of using hard-boiled eggs, you could use 500 g/1 lb 2 oz ricotta cheese, or the same amount of paneer cut into 8 cubes.

1 Place the onion, garlic and ginger in a food processor and process to make a paste. Place the lamb in a bowl and add the onion paste. Add the flour, cumin, ground coriander, chilli and beaten egg and season to taste with salt and pepper. Mix with your hands until thoroughly blended.

2 Divide the mixture into 8 equal-sized portions and form each portion into a ball by rolling between the palms of your hands. Flatten into patties and place a hard-boiled egg in the centre of each. Shape the meat mixture to enclose the eggs completely. Place the balls in a single layer in a lightly greased dish, cover with clingfilm and leave to rest in the refrigerator for 30 minutes.

3 Heat the ghee in a deep-fat fryer or large, heavy-based saucepan to 180–190°C/ 350–375°F, or until a cube of bread browns in 30 seconds. Cook the meatballs, in batches, for 2–3 minutes, or until golden brown. Remove with a slotted spoon and drain on kitchen paper. If serving hot, keep warm while you deep-fry the remaining batches.

samosas

makes 10–12 **prep: 40 mins, plus 1 hr standing** **cook: 40 mins**

These traditional, savoury, deep-fried pastries are filled with a spiced potato mixture and perfectly complemented by a squeeze of lemon juice. They are suitable for vegetarians.

INGREDIENTS

PASTRY

- 100 g/3½ oz self-raising flour
- ½ tsp salt
- 40 g/1½ oz butter, cut into small pieces
- 4 tbsp water

FILLING

- 3 potatoes
- 1 tsp finely chopped fresh root ginger
- 1 tsp crushed fresh garlic
- ½ tsp white cumin seeds
- ½ tsp mixed onion and mustard seeds
- 1 tsp salt
- ½ tsp crushed red chillies
- 2 tbsp lemon juice
- 2 small fresh green chillies, finely chopped
- ghee or vegetable oil, for deep-frying
- lemon wedges, to serve

NUTRITIONAL INFORMATION	
Calories	261
Protein	2g
Carbohydrate	13g
Sugars	0.4g
Fat	23g
Saturates	4g

variation

Substitute the green chillies with 2 red chillies, and if you don't like it too spicy, deseed the chillies before using.

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cook's tip

When deep-frying the samosas, do not overcrowd the saucepan because you need room to turn them. Remove the cooked samosas with a slotted spoon to allow some of the oil to drain off.

1 Sift the flour and salt into a large bowl. Add the butter and rub it into the flour until the mixture resembles fine breadcrumbs. Pour in the water and mix with a fork to form a dough. Pat the dough into a ball and knead for 5 minutes or until smooth. Add a little flour if the dough is sticky. Cover and leave to stand for 1 hour.

2 Meanwhile, to make the filling, cook the potatoes in a saucepan of lightly salted boiling water for 20–25 minutes, until tender. Drain and gently mash the potatoes, then add the ginger, garlic, white cumin seeds, onion and mustard seeds, salt, crushed red chillies, lemon juice and green chillies and stir well to mix.

3 Break small balls off the dough and roll each out very thinly to form a round. Cut in half, dampen the edges and form into cones. Fill the cones with a little of the filling, dampen the open edges and pinch together to seal. Reserve.

4 Fill a deep-fat fryer or large, heavy-based saucepan one-third full with vegetable oil and heat to 180–190°C/350–375°F, or until a cube of bread browns in 30 seconds. Carefully lower the samosas into the hot oil, in batches, and fry for 2–3 minutes, or until golden brown. Remove with a slotted spoon and drain thoroughly on kitchen paper. Serve hot or cold with lemon wedges.





samosas with meat filling

cook: 30 mins

prep: 20 mins, plus 30 mins cooling

makes: 10–12

NUTRITIONAL INFORMATION	
Calories	252
Protein	9g
Carbohydrate	8g
Sugars	1g
Fat	21g
Saturates	6g

variation

If you don't want to go to the bother of making the samosa pastry yourself, you can use spring roll wrappers instead.

These spicy snacks are served throughout India and are immensely popular. They make terrific party food and can be prepared in advance and frozen either half-fried or uncooked.

INGREDIENTS

1 quantity Samosa Pastry (see page 26)
vegetable oil, for deep-frying
fresh coriander sprigs, to garnish

FILLING
2 tbsp ghee or vegetable oil
1 onion, chopped
450 g/1 lb fresh lamb mince
1 tsp Garlic Paste (see page 12)
1 tsp Ginger Paste (see page 12)
salt and pepper

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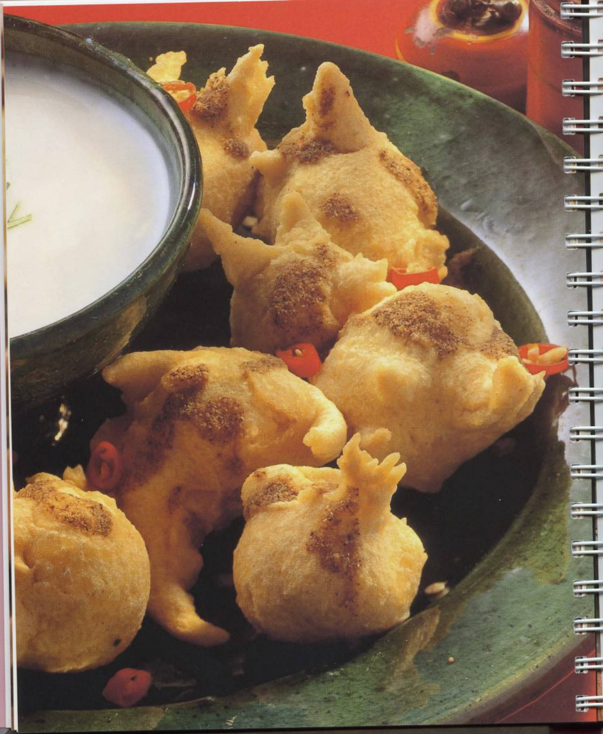

cook's tip

Frozen samosas do not need to be thawed before deep-frying. However, if you prefer to thaw them, this will not adversely affect them.

1 To make the filling, heat the ghee in a large, heavy-based frying pan. Add the onion and cook over a low heat, stirring frequently, for 10 minutes, or until golden. Add the lamb, Garlic Paste and Ginger Paste and season to taste with salt and pepper. Cook, breaking up the meat with a wooden spoon, for 10 minutes, or until the mixture is fairly dry. Transfer to a bowl with a slotted spoon and leave to cool.

2 Break small balls off the dough and roll each out very thinly to form a round. Cut in half, dampen the edges and form into cones. Fill the cones with a little of the filling, then dampen the top and bottom edges and pinch together to seal. Reserve.

3 Fill a deep-fat fryer or large, heavy-based saucepan one-third full with vegetable oil and heat to 180–190°C/350–375°F, or until a cube of bread browns in 30 seconds. Carefully lower the samosas into the hot oil, in batches, and deep-fry for 2–3 minutes, or until golden brown. Remove with a slotted spoon and drain on kitchen paper. Keep warm while you cook the remaining samosas. Serve hot or cold, garnished with fresh coriander sprigs.



soft dumplings in yogurt with masala

cook: 20 mins **prep: 15 mins** **serves 4**

NUTRITIONAL INFORMATION	
Calories	476
Protein	11g
Carbohydrate	64g
Sugars	29g
Fat	21g
Saturates	3g

variation

If you prefer, use low-fat natural yogurt, or rich, Greek-style yogurt for a special occasion.

These little dumplings are very easy to prepare and are ideal to serve as a delicious snack at any time of the day.

INGREDIENTS

- 200 g/7 oz urid dal powder
- 1 tsp baking powder
- ½ tsp ground ginger
- 700 ml/1¼ pints water
- vegetable oil, for deep-frying
- 400 ml/14 fl oz natural yogurt
- 75 g/2¾ oz sugar
- sliced fresh red chillies, to garnish

MASALA

- 50 g/1¾ oz coriander seeds
- 50 g/1¾ oz white cumin seeds
- 25 g/1 oz crushed red chillies
- 100 g/3½ oz citric acid







cook's tip

The masala spice mixture for the dumplings is usually made in a large quantity. It can be stored in an airtight container in a dark cool place.

1 Place the powdered urid dal in a large bowl. Add the baking powder and ground ginger and stir to mix well. Add 300 ml/10 fl oz of the water and mix to form a paste.

2 Heat the vegetable oil in a deep-fat fryer or large, heavy-based saucepan to 180–190°C/350–375°F, or until a cube of bread browns in 30 seconds. Add the batter, 1 teaspoon at a time, and deep-fry the dumplings until golden brown, lowering the heat when the oil gets too hot. Remove the dumplings with a slotted spoon and reserve.

3 Place the yogurt in a separate bowl. Add the remaining water and the sugar and mix together with a whisk or fork. Reserve.

4 To make the masala, roast the coriander and white cumin seeds in a small saucepan until a little darker in colour. Transfer to a food processor and process until roughly ground. Alternatively, use a mortar and pestle. Add the crushed red chillies and citric acid and blend well together.

5 Sprinkle 1 tablespoon of the masala over the dumplings and garnish with chopped red chillies. Serve with the reserved yogurt mixture.

prawn patties

makes: 8 **prep: 15 mins** **cook: 20–25 mins**

Lightly spiced, rather than searingly hot, these tasty, sophisticated little nibbles go extremely well with pre-dinner drinks, and also make a very speedy lunchtime snack.

INGREDIENTS

- **280 g/10 oz cooked prawns, peeled, deveined and chopped**
- **1 onion, finely chopped**
- **1 fresh green chilli, deseeded and finely chopped**
- **1-cm/½-inch piece fresh root ginger, finely chopped**
- **1 tbsp chopped fresh coriander**
- **2 tbsp fresh white breadcrumbs**
- **¼ tsp ground turmeric**
- **1 tbsp lime juice**
- **1 egg, lightly beaten**
- **85 g/3 oz dried breadcrumbs**
- **3 tbsp ghee or vegetable oil**
- **fresh coriander sprigs, to garnish**

NUTRITIONAL INFORMATION	
Calories	105
Protein	10g
Carbohydrate	10g
Sugars	2g
Fat	3g
Saturates	0.5g

variation

To make chicken patties, substitute the same quantity of minced cooked chicken for the prawns.

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cook's tip

If possible, use natural dried breadcrumbs for coating the patties rather than coloured breadcrumbs. You may need to press the breadcrumbs on to the patties to coat.

1. Mix the prawns, onion, chilli, ginger, coriander, fresh breadcrumbs, turmeric, lime juice and beaten egg in a large bowl, kneading well with your hands until thoroughly blended.

2. Divide the mixture into 8 equal-sized portions, then form each portion into a ball between the palms of your hands and flatten into patties. Place the dried breadcrumbs on a large plate and dip each patty, in turn, into the breadcrumbs to coat evenly.

3. Heat the ghee in a large, heavy-based frying pan. Add the patties, in 2 batches if necessary, and cook for 5–6 minutes on each side, until golden brown. Remove with a spatula and drain on kitchen paper. Keep each batch warm while you cook the remainder. Garnish with fresh coriander sprigs and serve immediately.



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spicy potato cakes

makes 8 | **prep: 10 mins** | **cook: 25 mins**



These are firm favourites with children who enjoy them as an after-school snack, cold or hot with tomato ketchup.

INGREDIENTS

450 g/1 lb potatoes, diced
1 onion, grated
1 tsp Garam Masala (see page 12)
¼ tsp chilli powder (optional)
1 tbsp lemon juice
2 tbsp chopped fresh coriander
salt
4 tbsp ghee or butter
fresh coriander sprigs, to garnish

NUTRITIONAL INFORMATION	
Calories	106
Protein	2g
Carbohydrate	11g
Sugars	1g
Fat	6g
Saturates	4g







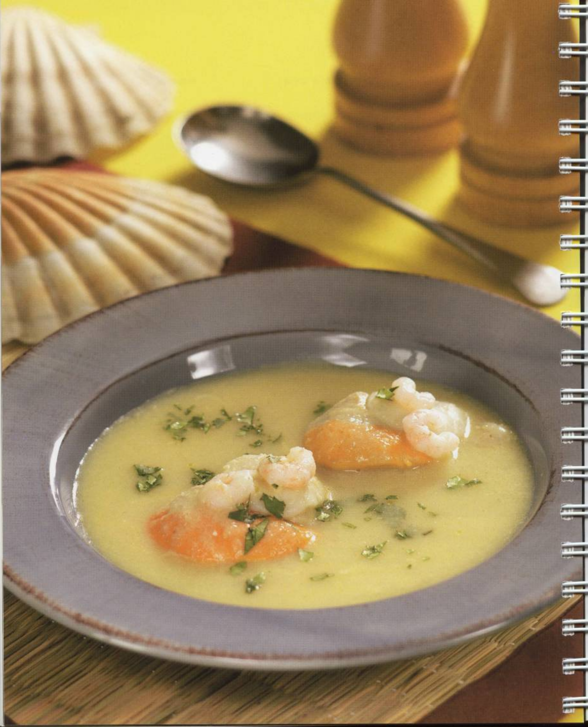
1 Cook the potatoes in a saucepan of lightly salted boiling water for 10–15 minutes, or until tender, but still firm. Meanwhile, place the grated onion in a clean tea towel and wring well to squeeze out the excess moisture. Transfer the onion to a large bowl and stir in the Garam Masala, chilli powder (if using), lemon juice and chopped coriander. Season with salt to taste.

2 Drain the potatoes and add to the bowl. Mash roughly with a fork or potato masher. Divide the mixture into 8 equal-sized portions, then form each portion into a ball between the palms of your hands and flatten into a cake.

3 Heat the ghee in a large, heavy-based frying pan. Add the potato cakes, in batches, if necessary, and fry for 2 minutes on each side, until golden brown and crisp. Remove from the frying pan with a spatula and drain on kitchen paper. Serve warm or cold garnished with sprigs of fresh coriander.

variation

For a filling cake, cook 225 g/8 oz beef mince until brown. Cool and add to the potatoes. Add 115 g/4 oz cooked peas, mash, shape and cook.



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seafood soup

cook: 40 mins

prep: 15 mins

serves 4

NUTRITIONAL INFORMATION	
Calories	187
Protein	20g
Carbohydrate	17g
Sugars	9g
Fat	5g
Saturates	1g

variation

You could substitute 16 freshly cooked, shelled mussels for the scallops or, if you are feeling extravagant, 8 shucked oysters.

Although small, the district of Goa on the south-west coast of India has its own, quite distinctive style of cooking, which frequently features various different types of fish and seafood.

INGREDIENTS

225 ml/8 fl oz Basic Vegetable Stock (see page 13)
2 carrots, diced
3 garlic cloves, finely chopped
3 tbsp chopped fresh coriander, plus extra to garnish
1 tsp cumin seeds
1 tsp black peppercorns
1-cm/½-inch piece fresh root ginger, chopped
1 tbsp ghee or vegetable oil
1 onion, chopped
1 fresh green chilli, deseeded and chopped
1 potato, diced
2 tsp ground coriander
200 g/7 oz cooked prawns, peeled and deveined
75 ml/2½ fl oz natural yogurt
150 ml/5 fl oz milk
3 tbsp dry white wine
8 scallops, shelled
salt and pepper

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cook's tip

If you are buying shelled scallops, check whether they are fresh or previously frozen. Fresh ones are a translucent, creamy colour and have a better texture; frozen scallops are white and opaque.

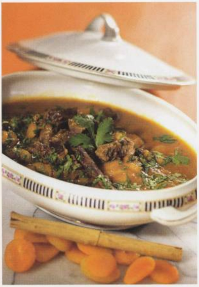
1 Pour the stock into a large saucepan and add the carrots, 2 of the garlic cloves, the chopped coriander, cumin seeds, peppercorns and ginger. Bring to the boil, then reduce the heat, cover and simmer for 20 minutes. Sieve the Stock into a measuring jug and make up to 700 ml/1¼ pints with water, if necessary.

2 Heat the ghee in a separate saucepan. Add the onion, chilli and remaining garlic and cook for 5 minutes. Add the potato and ground coriander and cook for a further 2 minutes. Add the reserved Stock, bring to the boil, then cover and simmer for 5 minutes, or until the potato is tender.

3 Remove the saucepan from the heat and leave to cool slightly. Ladle the contents into a food processor, add half the prawns and process until smooth. Return the soup to the saucepan and add the remaining prawns with the yogurt and milk. Reheat gently. Stir in the wine and scallops, season to taste with salt and pepper and simmer for 2–3 minutes, or until the scallops are just cooked. Ladle into warmed bowls, garnish with chopped fresh coriander and serve.

lamb & apricots

serves 6 **prep: 10 mins** **cook: 1 hr 30 mins**



Lamb goes particularly well with dried fruit, such as apricots, which cut through the richness, but complement the sweetness of the meat. Serve with plain boiled rice for a filling supper dish.

INGREDIENTS

- 2 tbsp ghee or vegetable oil
- 4 cardamom pods, lightly crushed
- 1 cinnamon stick
- 1 large onion, chopped
- 1 tbsp Curry Paste (see page 12)
- 200 g/7 oz ready-to-eat dried apricots
- 1 kg/2 lb 4 oz diced lamb
- 400 ml/14 fl oz chicken Basic Meat Stock (see page 13)
- salt
- chopped fresh coriander, to garnish

NUTRITIONAL INFORMATION	
Calories	449
Protein	35g
Carbohydrate	16g
Sugars	15g
Fat	28g
Saturates	11g



1 Heat the ghee in a large, heavy-based saucepan. Add the cardamoms and cinnamon stick and cook over a low heat, stirring constantly, for 2 minutes, or until they give off their aroma. Add the onion and cook, stirring occasionally, for 10 minutes, until light golden.



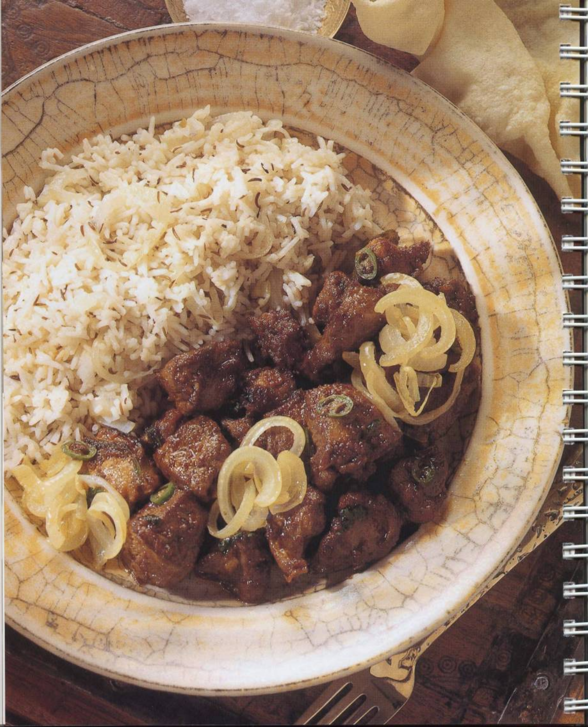
2 Add the Curry Paste and cook, stirring constantly, for 2 minutes. Add the apricots, lamb and Stock and season with salt to taste. Bring to the boil, then cover and simmer for 1¼ hours, or until the lamb is tender.



3 Taste and adjust the seasoning, if necessary. Ladle the curry into a warmed serving dish, sprinkle with the chopped coriander and serve immediately.

cook's tip

If the curry seems a bit too runny, remove the lid for the last 15 minutes of the cooking time to allow some of the liquid to evaporate.





lamb with onions & dried mango powder

cook: 1 hr **prep: 20 mins** **serves 4**

This dish originates from Hyderabad, in central southern India. Serve with poppadums and Pulao Rice (see page 197).

NUTRITIONAL INFORMATION	
Calories	968
Protein	24g
Carbohydrate	14g
Sugars	10g
Fat	91g
Saturates	16g

variation

You can substitute the chopped fresh root ginger with the same amount of ground ginger.

INGREDIENTS

4 medium onions
300 ml/10 fl oz vegetable oil
1 tsp finely chopped fresh root ginger
1 tsp crushed fresh garlic
1 tsp chilli powder
1 pinch of ground turmeric
1 tsp salt
1 tomato, finely chopped
3 fresh green chillies, sliced
450 g/1 lb leg of lamb, cubed
600 ml/1 pint water
1½ tsp aamchoor (dried mango powder)
2–3 tbsp fresh coriander leaves
freshly cooked rice, to serve







cook's tip

Aamchoor (dried mango powder) is made from dried unripe mangoes, and has a sour taste. It can be bought in jars from Asian food shops.

1. Using a sharp knife, chop 3 of the onions.

2. Heat half the vegetable oil in a frying pan, add the onions and fry until golden. Reduce the heat and add the ginger, garlic, chilli powder, turmeric and salt to the frying pan. Stir-fry the mixture for 5 minutes, then add the tomato and 2 of the green chillies.

3. Add the meat to the frying pan and stir-fry the mixture for a further 7 minutes. Add the water, cover and cook over a low heat for 35–45 minutes, stirring occasionally.

4. Meanwhile, slice the remaining onion. Heat the remaining vegetable oil in a separate frying pan and fry the onion until golden. Reserve until required. Once the meat is tender, add the aamchoor (dried mango powder), the remaining green chilli and the fresh coriander leaves and stir-fry for 3–5 minutes.

5. Transfer the curry to warmed serving plates and pour the fried onion slices and vegetable oil along the centre. Serve hot with freshly cooked rice.

lamb koftas

serves 4 **prep: 20 mins** **cook: 25 mins**

These delicious spicy lamb koftas are cooked throughout northern India. Serve with Oil-dressed Dal (see page 212) and Bombay Potatoes (see page 220) for a filling supper.

INGREDIENTS

- 450 g/1 lb fresh lamb mince
- 1 small onion, finely chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp chilli powder
- 1 tsp Garam Masala (see page 12)
- 1 tsp Garlic Paste (see page 12)
- 2 tbsp chopped fresh coriander
- salt
- 200 ml/7 fl oz vegetable oil
- 6 spring onions, chopped
- 1 green pepper, deseeded and chopped
- 175 g/6 oz broad beans, thawed if frozen
- 12 baby corn cobs, thawed if frozen
- 1 small cauliflower, cut into florets
- 3 fresh green chillies, deseeded and chopped
- 1 tbsp lime juice
- 1 tbsp fresh mint leaves

NUTRITIONAL INFORMATION	
Calories	766
Protein	30g
Carbohydrate	11g
Sugars	6g
Fat	68g
Saturates	13g

variation

You can use any mixture of vegetables you have to hand, such as red pepper, broccoli, chopped green beans or mangetout.







cook's tip

The lamb must be finely minced for making koftas. If necessary, process in a food processor for 1 minute before mixing with the other ingredients.

1. Place the lamb, onion, cumin, ground coriander, chilli powder, Garam Masala, Garlic Paste and half the fresh coriander in a bowl and mix well with your hands. Season with salt to taste. Cover with clingfilm and leave to chill in the refrigerator for a few minutes.

2. Heat 3 tablespoons of the vegetable oil in a preheated wok or large frying pan. Add the spring onions and cook, stirring frequently, for 1 minute. Add the green pepper, broad beans, corn cobs, cauliflower and chillies and cook over a high heat, stirring, for 3 minutes, or until crisp-tender. Reserve.

3. Heat the remaining vegetable oil in a separate preheated wok or large frying pan. Meanwhile, form the lamb mixture into small balls or ovals between the palms of your hands. Add the koftas, in batches, to the hot oil and fry, turning them frequently, until golden brown. Remove with a slotted spoon and drain on kitchen paper. When they are all cooked, return the vegetables to the heat and stir in the koftas. Cook over a low heat, stirring frequently, for 5 minutes, or until heated through. Sprinkle with the lime juice and serve garnished with the remaining coriander and the mint leaves.





chicken korma

cook: 40 mins

prep: 15 mins, plus 3 hrs marinating

serves 8

This delicious creamy curry is perfect for informal entertaining or as a midweek supper dish for the whole family. Serve with either plain boiled rice or Pulao Rice (see page 197).

NUTRITIONAL INFORMATION

Calories	764
Protein	49g
Carbohydrate	24g
Sugars	8g
Fat	54g
Saturates	6g

variation

Chicken thighs and drumsticks may be used instead of breasts, if you prefer, and should be cooked for 10 minutes longer in Step 3.

INGREDIENTS

- 1½ tsp finely chopped fresh root ginger
- 1½ tsp crushed fresh garlic
- 2 tsp Garam Masala (see page 12)
- 1 tsp chilli powder
- 1 tsp salt
- 1 tsp black cumin seeds
- 3 green cardamom pods, husks removed and seeds crushed
- 1 tsp ground coriander
- 1 tsp ground almonds
- 150 ml/5 fl oz natural yogurt
- 8 whole chicken breasts, skinned
- 300 ml/10 fl oz vegetable oil
- 2 onions, sliced
- 150 ml/5 fl oz water
- 2–3 tbsp fresh coriander leaves, plus extra to garnish
- fresh green chillies, chopped
- freshly cooked rice, to serve







cook's tip

Cardamoms are widely used in Indian cooking. Both ground cardamoms and cardamom pods are available from most supermarkets. Store the pods in an airtight container in a cool, dark place.

1. Mix the ginger, garlic, Garam Masala, chilli powder, salt, black cumin seeds, crushed cardamom, ground coriander, almonds and yogurt together in a bowl.
2. Spoon the yogurt and spice mixture over the chicken breasts, then cover and leave in the refrigerator for 3 hours to marinate.
3. Heat the vegetable oil in a large, heavy-based frying pan. Add the onions and fry until golden. Add the chicken breasts to the frying pan and stir-fry for 5–7 minutes. Add the water, cover and leave to simmer for 20–25 minutes.
4. Add the coriander and green chillies and cook for a further 10 minutes, stirring gently occasionally. Transfer to serving plates, garnish with coriander leaves and serve immediately with freshly cooked rice.

chicken jalfrezi

serves 4 **prep: 15 mins** **cook: 20 mins**

This is a quick and tasty way to use leftover roast chicken. The sauce can also be used for any cooked poultry, lamb or beef.

NUTRITIONAL INFORMATION	
Calories	343
Protein	42g
Carbohydrate	13g
Sugars	8g
Fat	14g
Saturates	2g

INGREDIENTS

- 1 tsp mustard oil
- 3 tbsp vegetable oil
- 1 large onion, finely chopped
- 3 garlic cloves, crushed
- 1 tbsp tomato purée
- 2 tomatoes, peeled and chopped
- 1 tsp ground turmeric
- ½ tsp cumin seeds, ground
- ½ tsp coriander seeds, ground
- ½ tsp chilli powder
- ½ tsp Garam Masala (see page 12)
- 1 tsp red wine vinegar
- 1 small red pepper, deseeded and chopped
- 125 g/4½ oz frozen broad beans
- 500 g/1 lb 2 oz cooked chicken breasts, cut into bite-sized pieces
- salt
- fresh coriander sprigs, to garnish
- freshly cooked rice, to serve

variation

If time is limited, use ready-ground spices instead of grinding the cumin and coriander seeds yourself.

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1 Heat the mustard oil in a large, heavy-based frying pan over a high heat for 1 minute, or until it begins to smoke. Add the vegetable oil, reduce the heat, then add the onion and garlic and fry until golden.

2 Add the tomato purée, chopped tomatoes, ground turmeric, cumin and coriander seeds, chilli powder, Garam Masala and vinegar to the frying pan. Stir the mixture until fragrant.

3 Add the red pepper and broad beans and stir for 2 minutes, or until the pepper is softened. Stir in the chicken, and season with salt to taste. Leave to simmer gently for 6–8 minutes, or until the chicken is heated through and the broad beans are tender. Transfer to warmed serving plates, garnish with coriander sprigs and serve with rice.

cook's tip

This dish is an ideal way of making use of leftover poultry. Any variety of beans works well, but vegetables are just as useful, especially root vegetables, courgettes, potatoes or broccoli.

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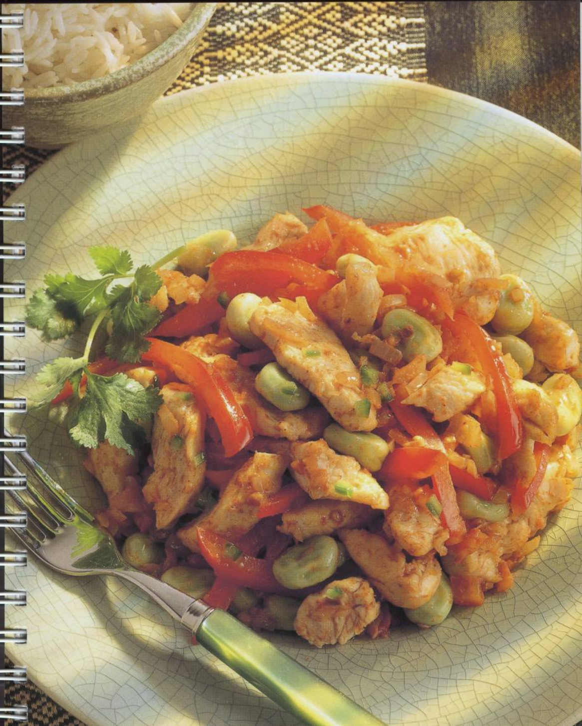
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bengali-style fish

serves 4–8 **prep: 15 min** **cook: 25–35 mins**

Fresh fish is eaten a great deal in Bengal (Bangladesh), and this dish is made with mustard oil, which gives the fish a mouthwatering flavour. Serve with Naan Bread (see page 194).

INGREDIENTS

- 1 tsp ground turmeric
- 1 tsp salt
- 6 tbsp mustard oil
- 1 kg/2 lb 4 oz cod fillet, skinned and cut into pieces
- 4 fresh green chillies
- 1 tsp finely chopped fresh root ginger
- 1 tsp crushed garlic
- 2 onions, finely chopped
- 2 tomatoes, finely chopped
- 450 ml/16 fl oz water
- chopped fresh coriander leaves, to garnish
- Naan Bread, to serve (see page 194)

NUTRITIONAL INFORMATION	
Calories	356
Protein	32g
Carbohydrate	5g
Sugars	4g
Fat	23g
Saturates	3g

variation

Other white fish would be suitable for this recipe, such as monkfish, bass, plaice or halibut.



1 Mix the turmeric and salt together in a small bowl, then spoon the mixture over the fish pieces.

2 Heat the mustard oil in a large, heavy-based frying-pan. Add the fish and fry until pale yellow. Remove the fish with a slotted spoon and reserve.



3 Place the green chillies, ginger, garlic, onions and tomatoes in a mortar and grind with a pestle to make a paste. Alternatively, place the ingredients in a food processor and process until ground.

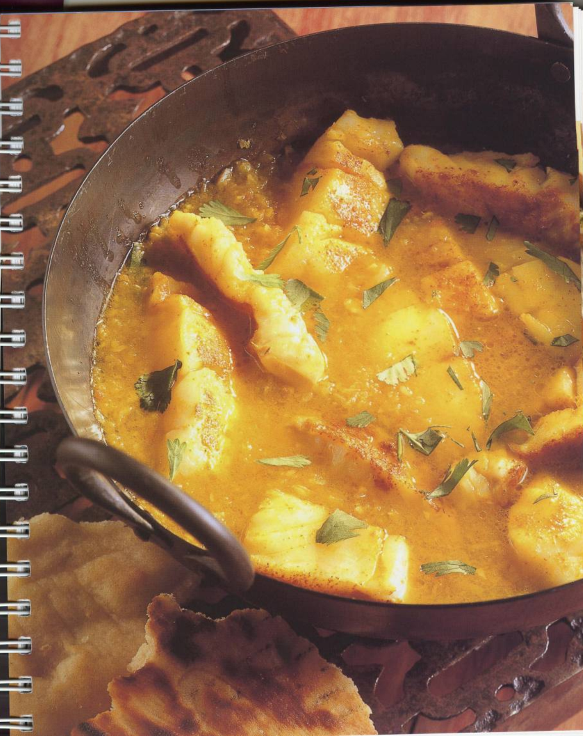
4 Transfer the spice paste to a clean frying pan and dry-fry until golden brown.



5 Remove the frying pan from the heat and place the fish pieces in the paste without breaking up the fish. Return the frying pan to the heat, add the water and cook over a medium heat for 15–20 minutes. Transfer to a warmed serving dish, garnish with chopped coriander and serve with Naan Bread.

cook's tip

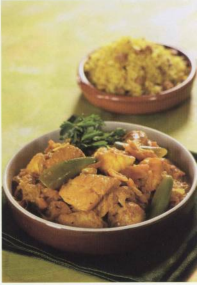
In the hot and humid eastern plains surrounding Bengal, the mustard plant flourishes, providing oil for cooking and seeds for flavouring. Fish appears in many meals, often flavoured with mustard oil.



fish in tomato sauce

cook: 45 mins **prep: 20 mins** **serves 4–6**

Tomatoes are widely used in all kinds of Indian cooking. Choose firm, ripe specimens to achieve the best flavour in this dish.



NUTRITIONAL INFORMATION	
Calories	276
Protein	40g
Carbohydrate	6g
Sugars	5g
Fat	11g
Saturates	1g

INGREDIENTS

- **500 g/1 lb 2 oz tomatoes**
- **4 fresh green chillies**
- **1 kg/2 lb 4 oz haddock fillets, skinned**
- **salt**
- **2 tsp ground turmeric**
- **4 tbsp ghee or vegetable oil**
- **2 onions, sliced**
- **1 tbsp ground coriander**
- **2 tsp Garam Masala (see page 12)**
- **1 tsp chilli powder**
- **1 tsp sugar**
- **2 tbsp natural yogurt**
- **1 tbsp lemon juice**
- **fresh coriander sprigs, to garnish**
- **Pulao Rice (see page 197), to serve**







cook's tip

To peel tomatoes, cut a cross in the stem end of each one and place in a bowl. Pour in boiling water to cover and leave for 1–2 minutes. Drain, then peel off the skins.

1. Peel, deseed and chop the tomatoes and reserve (see Cook's Tip). Using a sharp knife, slit the chillies lengthways along 1 side, deseed and reserve. Remove any pin bones from the fish and cut into large chunks. Mix 1 teaspoon of salt and 1½ teaspoons of the turmeric together in a bowl, then rub the mixture all over the fish.

2. Heat the ghee in a large frying pan. Add the fish, in batches if necessary, and cook over a medium heat, stirring frequently, until golden brown all over. Remove with a slotted spoon and reserve. Add the onions, reduce the heat and cook, stirring occasionally, for 10 minutes, or until golden.

3. Stir in the remaining turmeric, the coriander, Garam Masala, chilli powder and sugar and cook, stirring constantly for a further 2 minutes. Increase the heat to medium and add the tomatoes, yogurt, lemon juice and chillies. Bring to the boil, then reduce the heat and simmer for 15 minutes.

4. Return the fish to the frying pan and stir gently to coat well in the sauce. Simmer for a further 10 minutes, or until the fish is tender and cooked through. Taste and adjust the seasoning, garnish with coriander and serve with Pulao Rice.

monkfish kebabs

serves 4 | **prep: 20 mins, plus 30 mins marinating** | **cook: 10 mins**

The fish is marinated in a delicious mixture of herbs, spices and lime juice before being threaded on to skewers with a selection of colourful vegetables. Serve with Pulao Rice (see page 197).

NUTRITIONAL INFORMATION	
Calories	139
Protein	18g
Carbohydrate	7g
Sugars	7g
Fat	4g
Saturates	1g

INGREDIENTS

- 3 tbsp lime juice
- 1 tbsp finely chopped fresh mint
- 1 tbsp finely chopped fresh coriander
- 2 fresh green chillies, deseeded and finely chopped
- 1 tsp Ginger Paste (see page 12)
- ½ tsp Garlic Paste (see page 12)
- 1 tsp ground coriander
- salt
- 350 g/12 oz monkfish fillet, cubed
- 1 red pepper, deseeded and cut into chunks
- 1 green pepper, deseeded and cut into chunks
- 8 baby corn cobs, halved
- 8 button mushrooms
- 8 cherry tomatoes
- ½ small cauliflower, broken into florets
- 1 tbsp sunflower oil
- Pulao Rice (see page 197), to serve

TO GARNISH

- lime wedges
- fresh coriander sprigs

variation

Substitute large raw prawns, peeled but with their tails left intact, for the monkfish, if you like.

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1 Mix the lime juice, mint, fresh coriander, chillies, Ginger Paste, Garlic Paste, ground coriander and a pinch of salt together in a large, shallow, non-metallic dish. Add the fish and stir to coat. Cover with clingfilm and leave to marinate in a cool place for 30 minutes.

2 Preheat the grill to medium. Drain the fish and reserve the marinade. Thread the monkfish, chunks of pepper, baby corn cobs, mushrooms, cherry tomatoes and cauliflower florets on to 4 long or 8 short skewers.

3 Brush the kebabs with any remaining marinade and the sunflower oil and cook under the preheated grill, turning and basting frequently, for 10 minutes, or until cooked. Serve immediately on a bed of Pulao Rice, garnished with lime wedges and coriander sprigs.

cook's tip

If using wooden or bamboo skewers, remember to soak them in a bowl of warm water while the fish is marinating to prevent them charring under the grill.

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prawns with vegetables

serves 6 **prep: 20 mins** **cook: 55 mins**

Almost a one-pot meal, this colourful combination of seafood, aubergines, peppers and courgettes would go well with a dal.

INGREDIENTS

- 3 tbsp ghee or vegetable oil
- 2 onions, chopped
- 1 tsp Garlic Paste (see page 12)
- 1 tsp Ginger Paste (see page 12)
- 2 fresh green chillies, deseeded and chopped
- 2 tbsp ground coriander
- 2 tsp paprika
- 1 tsp ground fennel
- 1 tsp ground turmeric
- 2 aubergines, diced
- 2 courgettes, diced
- 2 green peppers, deseeded and diced
- 400 g/14 oz canned tomatoes
- 2 tbsp lemon juice
- 300 ml/10 fl oz canned coconut milk
- salt
- 600 g/1 lb 5 oz raw tiger prawns, peeled and deveined
- fresh coriander sprigs, to garnish
- freshly cooked rice, to serve

NUTRITIONAL INFORMATION	
Calories	190
Protein	22g
Carbohydrate	11g
Sugars	9g
Fat	8g
Saturates	1g

variation

Add 225 g/8 oz okra in Step 3 instead of the courgettes. Trim the ends and cut them into 2.5-cm/1-inch lengths.


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cook's tip

When frying whole or ground spices, turn the heat down as low as possible and stir constantly. If you have one, use a heat diffuser.

1 Heat the ghee in a large, heavy-based saucepan or flameproof casserole. Add the onions and cook over a low heat, stirring occasionally, for 10 minutes, or until golden.

2 Add the Garlic Paste, Ginger Paste and chopped chillies and cook, stirring constantly, for 2 minutes. Stir in the coriander, paprika, ground fennel and turmeric and cook, stirring constantly, for a further 5 minutes.

3 Add the aubergines, courgettes and green peppers and cook, stirring frequently, for 3 minutes, then stir in the tomatoes and their can juices, lemon juice and coconut milk. Season with salt to taste. Bring to the boil, stirring constantly, then cover and simmer gently for 25 minutes.

4 Add the prawns, stir, re-cover the saucepan or casserole and simmer for a further 10 minutes, or until the prawns have changed colour. Serve immediately with freshly cooked rice, garnished with coriander.

prawns with vegetables

serves 6 | **prep: 20 mins** | **cook: 55 mins**

Almost a one-pot meal, this colourful combination of seafood, aubergines, peppers and courgettes would go well with a dal.

INGREDIENTS

- 3 tbsp ghee or vegetable oil
- 2 onions, chopped
- 1 tsp Garlic Paste (see page 12)
- 1 tsp Ginger Paste (see page 12)
- 2 fresh green chillies, deseeded and chopped
- 2 tbsp ground coriander
- 2 tsp paprika
- 1 tsp ground fennel
- 1 tsp ground turmeric
- 2 aubergines, diced
- 2 courgettes, diced
- 2 green peppers, deseeded and diced
- 400 g/14 oz canned tomatoes
- 2 tbsp lemon juice
- 300 ml/10 fl oz canned coconut milk
- salt
- 600 g/1 lb 5 oz raw tiger prawns, peeled and deveined
- fresh coriander sprigs, to garnish
- freshly cooked rice, to serve

NUTRITIONAL INFORMATION	
Calories	190
Protein	22g
Carbohydrate	11g
Sugars	9g
Fat	8g
Saturates	1g

variation

Add 225 g/8 oz okra in Step 3 instead of the courgettes. Trim the ends and cut them into 2.5-cm/1-inch lengths.

2


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4


cook's tip

When frying whole or ground spices, turn the heat down as low as possible and stir constantly. If you have one, use a heat diffuser.

1 Heat the ghee in a large, heavy-based saucepan or flameproof casserole. Add the onions and cook over a low heat, stirring occasionally, for 10 minutes, or until golden.

2 Add the Garlic Paste, Ginger Paste and chopped chillies and cook, stirring constantly, for 2 minutes. Stir in the coriander, paprika, ground fennel and turmeric and cook, stirring constantly, for a further 5 minutes.

3 Add the aubergines, courgettes and green peppers and cook, stirring frequently, for 3 minutes, then stir in the tomatoes and their can juices, lemon juice and coconut milk. Season with salt to taste. Bring to the boil, stirring constantly, then cover and simmer gently for 25 minutes.

4 Add the prawns, stir, re-cover the saucepan or casserole and simmer for a further 10 minutes, or until the prawns have changed colour. Serve immediately with freshly cooked rice, garnished with coriander.



green bean & potato curry

serves 6 **prep: 15 mins** **cook: 30 mins**

You can use fresh or canned, ready-sliced green beans for this curry. An Oil-dressed Dal (see page 212) would make an excellent accompaniment, for a good contrast of flavours and colours.

NUTRITIONAL INFORMATION	
Calories	690
Protein	3g
Carbohydrate	16g
Sugars	4g
Fat	69g
Saturates	7g

INGREDIENTS

300 ml/10 fl oz vegetable oil
1 tsp white cumin seeds
1 tsp mixed mustard and onion seeds
4 dried red chillies
3 fresh tomatoes, sliced
1 tsp salt
1 tsp finely chopped fresh root ginger
1 tsp crushed fresh garlic
1 tsp chilli powder
200 g/7 oz green beans, sliced diagonally into 2.5 cm/1 inch pieces
2 potatoes, peeled and diced
300 ml/10 fl oz water

TO GARNISH

chopped fresh coriander
2 finely sliced fresh green chillies

variation

If you like, substitute half of the green beans with fresh or frozen peas. Add with the potato in Step 4.







cook's tip

Mustard seeds are small brown seeds, which are often fried in ghee or vegetable oil to bring out their flavour before being combined with other ingredients.

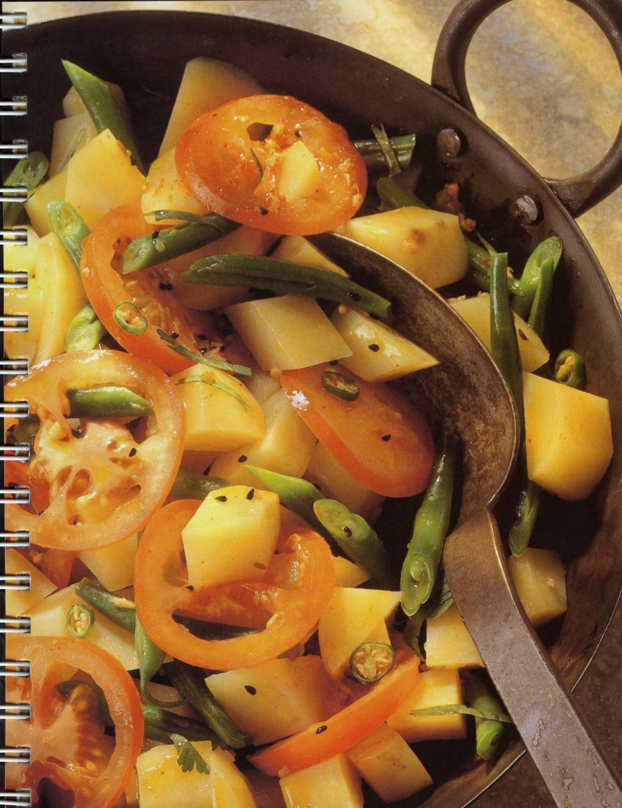
1 Heat the vegetable oil in a large, heavy-based saucepan. Add the white cumin seeds, mustard and onion seeds and dried red chillies, stirring well.

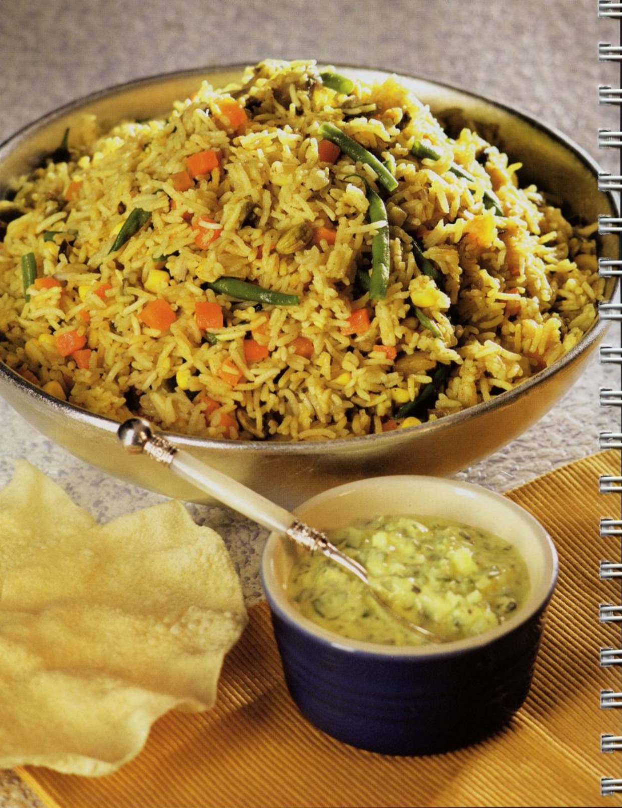
2 Add the tomatoes to the pan and stir-fry the mixture for 3–5 minutes.

3 Mix the salt, ginger, garlic and chilli powder together in a bowl and spoon into the saucepan. Blend the whole mixture together.

4 Add the green beans and potatoes to the saucepan and stir-fry for 5 minutes.

5 Add the water to the saucepan, reduce the heat and simmer for 10–15 minutes, stirring occasionally. Transfer to a warmed serving dish, garnish with chopped coriander leaves and green chillies and serve.





aubergine & sweetcorn pulao

cook: 40 mins

prep: 15 mins, plus 10 mins soaking

serves 4

NUTRITIONAL INFORMATION	
Calories	669
Protein	13g
Carbohydrate	111g
Sugars	14g
Fat	20g
Saturates	2g

variation

Substitute fresh or frozen peas or broad beans for the French beans, if you prefer.

This is a complete vegetarian one-pot meal and all it requires as an accompaniment is a raita, such as Aubergine Raita (see page 228) or Tomato & Cucumber Raita (see page 153).

INGREDIENTS

- 450 g/1 lb basmati rice
- 6 tbsp ghee or vegetable oil
- 1 onion, chopped
- 2 bay leaves
- 6 cardamom pods
- 6 whole cloves
- 1 cinnamon stick
- 3 aubergines, diced
- 175 g/6 oz sweetcorn kernels, thawed if frozen and drained if canned
- 4 carrots, diced
- 55 g/2 oz French beans, cut into 5-cm/2-inch lengths
- 1 tsp Garam Masala (see page 12)
- 1 tsp chilli powder
- 1 tsp ground coriander
- ¼ tsp ground turmeric
- 1.2 litres/2 pints water
- salt

TO SERVE

- Cucumber Raita (see page 228)
- poppadums



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1 Rinse the rice in several changes of water and leave to soak for 10 minutes. Drain well. Meanwhile, heat the ghee in a large, heavy-based saucepan. Add the onion and cook over a low heat, stirring occasionally, for 10 minutes, or until golden. Add the bay leaves, cardamoms, cloves and cinnamon and cook, stirring constantly, for 1–2 minutes, or until the spices give off their aroma.

2 Add the aubergines, sweetcorn, carrots and beans and cook for 5 minutes. Stir in the rice, Garam Masala, chilli powder, ground coriander and turmeric and pour in the water. Add salt to taste and bring to the boil.

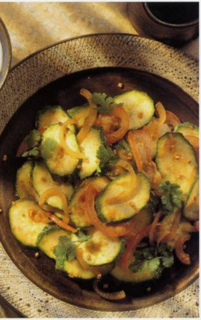
3 Reduce the heat, cover and cook, without stirring, for 15 minutes, or until the rice is tender. Serve immediately.

cook's tip

It is not essential to soak the rice if your time is limited, but it does help to lighten the grain. However, it is essential to rinse the rice as this helps to remove the starch.

courgettes & fenugreek seeds

serves 4 **prep: 20 mins** **cook: 15 mins**



This delicious vegetable curry contains fenugreek seeds, which have a beautiful aroma and a very distinctive taste.

INGREDIENTS

6 tbsp vegetable oil
1 onion, finely chopped
3 fresh green chillies, finely chopped
1 tsp finely chopped fresh root, ginger
1 tsp crushed fresh garlic
1 tsp chilli powder
450 g/1 lb courgettes, sliced
2 tomatoes, sliced
2 tsp fenugreek seeds
fresh coriander leaves, to garnish

NUTRITIONAL INFORMATION	
Calories	188
Protein	3g
Carbohydrate	6g
Sugars	5g
Fat	17g
Saturates	2g







1 Heat the oil in a large frying pan. Add the onion, green chillies, ginger, garlic and chilli powder to the frying pan, stirring well.

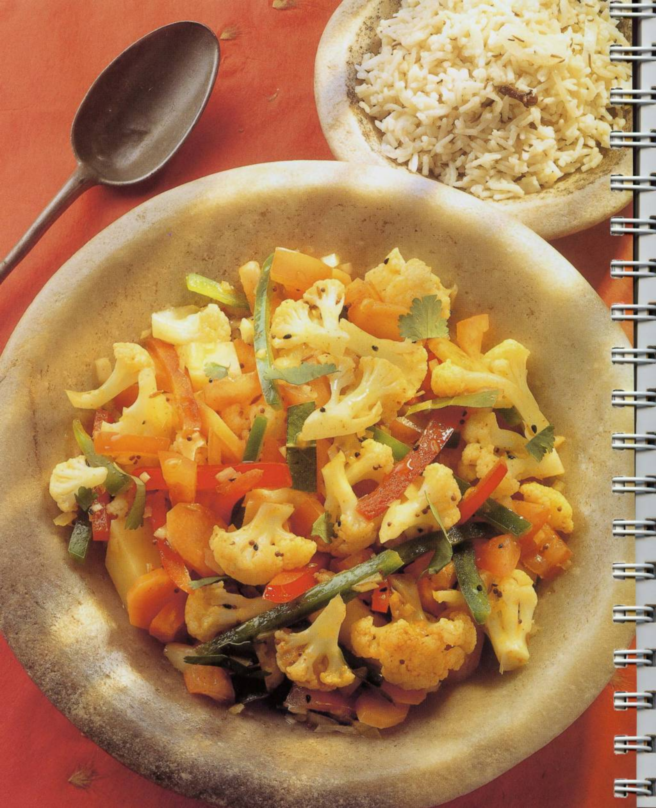
2 Add the courgettes and tomatoes to the frying pan and stir-fry for 5–7 minutes.

3 Add the fenugreek seeds to the courgette mixture in the frying pan and stir-fry for a further 5 minutes.

4 Remove the frying pan from the heat and transfer the courgette and fenugreek seed mixture to warmed serving dishes. Garnish with coriander leaves and serve hot.

cook's tip

Both the leaves and seeds of fenugreek are used, but the stalks and root should be discarded, as they taste bitter. Fresh fenugreek is sold in bunches. Fenugreek seeds are flat and yellowish brown.



mixed vegetables

cook: 45 mins | **prep: 5 mins** | **serves 4**

NUTRITIONAL INFORMATION	
Calories	669
Protein	7g
Carbohydrate	36g
Sugars	17g
Fat	57g
Saturates	8g

variation

Replace the cauliflower with broccoli, cut into florets, potatoes with sweet potatoes and green chillies with red chillies, if you like.

You can make this dish with any vegetables you have to hand. Serve with plain boiled rice, Naan Bread (see page 194) and Aubergine Raita (see page 228), if you like.

INGREDIENTS

- **300 ml/10 fl oz vegetable oil**
- **1 tsp mustard seeds**
- **1 tsp onion seeds**
- **½ tsp white cumin seeds**
- **3–4 curry leaves, chopped**
- **450 g/1 lb onions, finely chopped**
- **3 tomatoes, chopped**
- **½ red pepper, deseeded and sliced**
- **½ green pepper, deseeded and sliced**
- **1 tsp finely chopped fresh root ginger**
- **1 tsp crushed fresh garlic**
- **1 tsp chilli powder**
- **¼ tsp ground turmeric**
- **1 tsp salt**
- **425 ml/15 fl oz water**
- **2 potatoes, peeled and cut into pieces**
- **½ cauliflower, cut into small florets**
- **4 carrots, sliced**
- **3 fresh green chillies, finely chopped**
- **2–3 tbsp fresh coriander leaves**
- **1 tbsp lemon juice**
- **freshly cooked rice, to serve**







cook's tip

Curry leaves are similar in appearance to bay leaves, but have a very different flavour. They are available dried or sometimes fresh from Asian food shops.

1. Heat the vegetable oil in a large, heavy-based saucepan. Add the mustard seeds, onion seeds and white cumin seeds with the curry leaves and fry until they turn a darker colour.

2. Add the onions to the saucepan and fry over a medium heat for 8 minutes, until golden.

3. Add the tomatoes and peppers and stir-fry for 5 minutes. Add the ginger, garlic, chilli powder, turmeric and salt and mix well.

4. Add 300 ml/10 fl oz of the water, cover and simmer for 10–12 minutes, stirring occasionally.

5. Add the potatoes, cauliflower, carrots, green chillies and coriander leaves and stir-fry for 5 minutes. Add the remaining water and lemon juice, and stir well. Cover and leave to simmer for 15 minutes, stirring occasionally. Transfer the mixed vegetables to serving plates and serve with rice.

naan bread

serves 6–8

prep: 35 mins, plus 1 hr 40 mins standing/rising

cook: 10 mins



There are many ways of making naan bread, but this particular recipe is very easy to follow. Naan bread should be served warm, preferably immediately after it has been cooked.

INGREDIENTS

1 tsp sugar
1 tsp fresh yeast
150 ml/5 fl oz warm water
200 g/7 oz plain flour, plus extra for dusting
1 tbsp ghee
1 tsp salt
50 g/1¾ oz unsalted butter, plus extra for greasing
1 tsp poppy seeds

NUTRITIONAL INFORMATION	
Calories	152
Protein	3g
Carbohydrate	20g
Sugars	1g
Fat	7g
Saturates	4g







cook's tip

A tandoor oven throws out a ferocious heat; this bread is cooked on the side wall of the oven where the heat is slightly less. For an authentic effect, leave your grill on for a long time before cooking.

1 Place the sugar and yeast in a small bowl or jug, add the warm water and mix well until the yeast has dissolved. Leave to stand for 10 minutes, or until the mixture is frothy.

2 Place the flour in a large bowl. Make a well in the centre, add the ghee and salt and pour in the yeast mixture. Mix with your hands to form a dough, adding more water, if necessary. Turn out on to a lightly floured work surface and knead for 5 minutes, or until smooth.

3 Return the dough to the bowl, cover and leave to rise in a warm place for 1½ hours, or until doubled in size.

4 Preheat the grill to high, and grease a sheet of foil. Turn the dough out on to a floured work surface and knead for 2 minutes. Break off small balls with your hand and pat them into rounds 12 cm/4½ inches in diameter and 1 cm/½ inch thick.

5 Place the dough rounds on to the greased foil and cook under the very hot grill for 7–10 minutes, turning twice, brushing with the butter and sprinkling with the poppy seeds. Serve warm, or keep wrapped in foil until required.

chapati

cook: 25 mins

prep: 20 mins, plus 20 mins resting (optional)

serves 8

This is one of the less fattening Indian breads, because it contains only salt, flour and water, but some people like to brush chapatis with a little melted butter before serving.



NUTRITIONAL INFORMATION	
Calories	61
Protein	2g
Carbohydrate	13g
Sugars	0.5g
Fat	0.3g
Saturates	0g

INGREDIENTS

225 g/8 oz wholemeal flour (ata or chapati flour), plus extra for dusting

½ tsp salt

200 ml/7 fl oz water







cook's tip

Ideally, chapatis should be eaten as they come out of the frying pan, but if that is not practical, keep them warm after cooking by wrapping them up in foil. Allow about 2 chapatis per person.

1 Place the flour in a large bowl. Add the salt and mix well. Make a well in the centre of the flour and gradually pour in the water, mixing well with your fingers to form a supple dough.

2 Knead the dough for 7–10 minutes, then cover and leave to stand for 15–20 minutes. If time is limited, roll out the dough immediately. Divide the dough into 16 equal-sized portions. Roll out each piece of dough on a well floured work surface.

3 Place a heavy-based frying pan on a high heat. When steam begins to rise from the frying pan, reduce the heat to medium.

4 Place a chapati in the frying pan and when the chapati begins to bubble turn it over. Carefully press down on the chapati with a clean tea towel or a flat spoon and turn the chapati over once again. Remove the chapati from the pan and keep warm while you make the others. Repeat the process until all of the chapatis are cooked. Serve immediately.

pulao rice

cook: 25 mins

prep: 5 mins

Serves 2–4

Plain boiled rice is eaten by most people in India every day, but for entertaining, a more interesting rice dish is often served, such as this one, which contains different-coloured grains and spices.



NUTRITIONAL INFORMATION	
Calories	265
Protein	4g
Carbohydrate	43g
Sugars	0g
Fat	10g
Saturates	6g

INGREDIENTS

200 g/7 oz basmati rice
2 tbsp ghee
3 green cardamoms
2 whole cloves
3 black peppercorns
½ tsp salt
½ tsp saffron threads
400 ml/14 fl oz water







1 Rinse the rice twice under cold running water and reserve.

2 Heat the ghee in a large, heavy-based saucepan. Add the cardamoms, cloves and peppercorns and fry, stirring, for 1 minute. Add the rice and stir-fry for a further 2 minutes.

3 Add the salt, saffron and water to the rice mixture and reduce the heat. Cover the saucepan and leave to simmer over a low heat for 20 minutes, until all the water has evaporated.

4 Transfer the rice to a large, warmed serving dish and serve hot.

cook's tip

Cloves should be used with caution because the flavour can be overwhelming if too many are used, and this may spoil the finished dish.

tomato rice

serves 4 | **prep: 15 mins, plus 5 mins standing** | **cook: 30 mins**

This colourful dish makes a fabulous accompaniment and could also be served as a vegetarian meal, perhaps with a salad.

INGREDIENTS

- 400 g/14 oz basmati rice
- 2 tbsp ghee or vegetable oil
- ¼ tsp onion seeds
- ¼ tsp kalonji seeds
- 1 onion, thinly sliced
- 1 yellow pepper, deseeded and sliced
- 4 tomatoes, sliced
- 1 potato, diced
- 1 tsp Garlic Paste (see page 12)
- 1 tsp Ginger Paste (see page 12)
- 1 tsp chilli powder
- 55 g/2 oz frozen broad beans or peas
- 1 tbsp chopped fresh coriander
- salt
- 700 ml/1¼ pints water
- fresh coriander sprigs, to garnish

NUTRITIONAL INFORMATION	
Calories	488
Protein	11g
Carbohydrate	95g
Sugars	7g
Fat	7g
Saturates	1g

variation

For a change, add 55 g/2 oz button mushrooms and substitute 1 tablespoon of chopped fresh mint for the coriander.







cook's tip

The word basmati means fragrant in Hindi, and this type of rice is very aromatic. However, you can use other varieties of long-grain rice for this dish, if you prefer.

1 Rinse the rice in several changes of water and leave to soak for 10 minutes.

2 Meanwhile, heat the ghee in a large, heavy-based saucepan. Add the onion and kalonji seeds and cook over a low heat, stirring, for 1–2 minutes, or until they give off their aroma. Add the onion and cook, stirring occasionally, for 5 minutes, or until softened. Drain the rice.

3 Add the yellow pepper, tomatoes, potato, Garlic Paste, Ginger Paste and chilli powder and cook, stirring constantly, for 3 minutes. Add the beans or peas and coriander, add salt to taste and cook, stirring, for 2 minutes.

4 Add the rice and stir until the grains glisten and the ingredients are thoroughly blended. Pour in the water and bring to the boil over a high heat. Cover tightly, reduce the heat and simmer for 15 minutes.

5 Remove the saucepan from the heat and leave to stand, still covered, for 5 minutes. Serve garnished with fresh coriander sprigs.



raitas

serves 4 | **prep: 15 mins** | **cook: 45 mins**

Raitas are very easy to prepare, very versatile and have a cooling effect which will be appreciated if you are serving hot, spicy dishes.

INGREDIENTS

MINT RAITA
200 ml/7 fl oz natural yogurt
4 tbsp water
1 small onion, finely chopped
½ tsp mint sauce
½ tsp salt
fresh mint, to garnish

CUCUMBER RAITA
225 g/8 oz cucumber
1 onion
½ tsp salt
½ tsp mint sauce
300 ml/10 fl oz natural yogurt
150 ml/5 fl oz water
fresh mint leaves, to garnish

AUBERGINE RAITA
1 aubergine
1 tsp salt
1 small onion, finely chopped
2 fresh green chillies, finely chopped
200 ml/7 fl oz natural yogurt
3 tbsp water

NUTRITIONAL INFORMATION

Calories	509
Protein	17g
Carbohydrate	36g
Sugars	10g
Fat	34g
Saturates	9g

variation

Add 2 teaspoons of dry-roasted and ground cumin seeds to the Aubergine Raita, if you like.







cook's tip

Raitas can be served with almost any spicy meal as they cool down the hotness of the chillies. Use unsweetened natural yogurt, if possible.

1 To make the Mint Raita, place the yogurt in a bowl and whisk with a fork. Gradually add the water, whisking well. Add the onion, mint sauce and salt and blend together. Garnish with mint.

2 To make the Cucumber Raita, peel and slice the cucumber. Using a sharp knife, chop the onion finely. Place the cucumber and onion in a bowl, then add the salt and mint sauce. Add the yogurt and water. Place the mixture in a blender and blend well. Transfer to a serving bowl and serve garnished with fresh mint.

3 To make the Aubergine Raita, rinse the aubergine. Remove and discard the top end and chop the rest into small pieces. Boil the aubergine in a saucepan of water until soft and mushy. Drain and transfer to a serving bowl, then add the salt, onion and green chillies, mixing well. Whisk the yogurt with the water in a separate bowl and pour over the aubergine mixture. Mix well and serve.



mango ice cream

serves 6 | **prep: 10 mins, plus 3–8 hrs freezing** | **cook: 0 mins**

Kulfi is the Indian equivalent of ice cream and is always made with fresh fruit or juice. This basic ice cream recipe is infinitely adaptable and incredibly easy to make.



INGREDIENTS

150 ml/5 fl oz double cream
2 tbsp caster sugar
425 ml/15 fl oz mango juice
½ tsp ground cinnamon
flaked almonds, to decorate

NUTRITIONAL INFORMATION	
Calories	257
Protein	1g
Carbohydrate	19g
Sugars	19g
Fat	20g
Saturates	13g







cook's tip

Don't beat the cream too vigorously – only whisk it enough to make a smooth mixture and to dissolve the sugar.

1 Pour the cream into a large bowl, add the sugar and whisk lightly until dissolved. Stir in the mango juice and cinnamon.

2 Pour the mixture into 6 freezerproof moulds, cover with foil and place in the freezer for 3 hours or preferably overnight, until set. During the first hour of freezing, gently shake the moulds 3 times.

3 To serve, dip the bases of the moulds in hot water, then invert on to individual serving plates. Decorate with flaked almonds and serve immediately.